

























Vaccinations for Adults

You're **NEVER** too old to get shots!

Many adults don't know they are supposed to get immunized against diseases. They think vaccinations are for kids. There are millions of adults in this country who need influenza, pneumococcal, tetanus, diphtheria, hepatitis B, and other vaccines. Are you one of them?

Getting immunized is a lifelong, life-protecting job. Make sure you and your health professional keep your vaccinations up to date! Don't leave your doctor's office without making sure that you've had all the vaccinations you need.

Influenza "flu shot"	The "flu shot" is recommended every fall for people age 50 or older; women who will be in their 2nd or 3rd trimester of pregnancy during flu season; residents of long-term care facilities; people younger than 50 who have medical problems such as heart or lung disease (including asthma), diabetes, kidney disease, or an immune system weakened by disease or medication; and those who work with or live with any of these individuals.      		
Pneumococcal "pneumococcal shot"	The "pneumococcal shot" is recommended one time at age 65 (or older if it was not given at 65). This shot is also recommended for people younger than 65 who have certain chronic illnesses. Some individuals with particular health risks will need a one-time revaccination dose 5 years later. Consult your doctor. 		
Tetanus, diphtheria (Td) often referred to as "tetanus shot"	If you haven't had at least 3 basic tetanus-diphtheria shots in your lifetime, you need to complete the series listed below:		And then all adults need a booster dose every 10 years.    
	dose #1 now 	dose #2 1 month later 	dose #3 6 months after dose #2 
Hepatitis A (Hep A) for those at risk*†	Hepatitis A vaccine is recommended for many adults, including travelers to certain areas outside the U.S.*		
	dose #1 now 		dose #2 is usually given 6 months after dose #1 
Hepatitis B (Hep B) for those at risk*†	dose #1 now 	dose #2 1 month later 	dose #3 is usually given 5 months after dose #2 
Measles, mumps, rubella (MMR)	One dose is recommended for those born in 1957 or later if that person has not been previously vaccinated. (A second dose of MMR may be required in some work or school settings, or recommended for international travel.) People born before 1957 are usually considered immune. 		
Varicella (Var)	This vaccine is recommended for those who have never had chickenpox.		
	dose #1 now 		dose #2 1–2 months later 
Meningococcal for those at risk*	If you are a young adult going to college, ask your doctor about your risk of meningococcal disease and your need for vaccination.		

* Consult your health professional to determine your level of risk for infection and your need for this vaccine.

† If you need both hepatitis A and B vaccines, a combination product is available which is given on a 3-dose schedule. Consult your health professional.

Do you travel outside the United States? If so, you may need additional vaccines, as well as hepatitis A. The Centers for Disease Control and Prevention (CDC) operates an international traveler's immunization hot line. Call (877) 394-8747 or visit CDC's website at www.cdc.gov/travel to obtain information about required and/or recommended shots for your destination. You may also consult a travel clinic or your physician.